



United Way • Town of Westport • Westport Public Schools • The PTA Council • Positive Directions

Looking for resources regarding your family's needs? From housing and health insurance issues to counseling and other supports, there is help available. Westport's Department of Human Services (203-341-1050,) in conjunction with Positive Youth Development (PYD), has put together a list of resources to assist Westport families. The listings below can help you with your immediate needs associated with finances and other supports. Most of these resources are available at no charge.

Helpful 24 hour hotlines and resources:

- EMPS 24 hour Mobile Crisis Intervention Services--Call 211
- Crisis Text Line (CTL) text CTL to 741741
- Warm Line (mental health peer support, 5-10pm daily) 800-921-0359
- **Infoline www.211infoline.org or dial 211 or 1-800-203-1234**
A Public Private Partnership - The State of Connecticut and United Way
 Wherever you live in Connecticut, get the resources in your community: AA meetings, Alzheimer's Resources, Child Care, Community Groups, Counseling, Crisis Intervention, Domestic Violence Programs, Drug/Alcohol Programs, Employment, Energy or Financial Assistance, Food/Nutrition Services, Health Care, Legal Assistance, Senior and Youth Services, Support Groups, Transportation, Volunteers, Voting Information and hundreds of other human services.
- Child Protection CARELINE (24 Hour DCF) <http://www.dvccct.org>.....800-842-2288
- Domestic Violence Crisis Center <http://www.dvccct.org/>888-744-2900
- Kids in Crisis Outreach Service www.kidsincrisis.org/203-838-9483
- Norwalk Hospital <http://norwalkhospital.org/>203-852-2000
- Child Guidance of Mid-Fairfield County <http://www.childguidancemfct.org/>.....203-299-1315
- Department of Social Services Information Center <http://www.ct.gov/dss/cwp/view.asp?q=304868> 800-385-4052
- SouthWest Regional Mental Health Board Resources<http://www.healthymindsct.org/#!support-group-locator/c1y2g>

Where do I start?

Town of Westport, Department of Human Services

203-341-1050 www.westportct.gov

The Human Services staff is here to help and this is the best place to start should you need information on resources available to you and your family. The department provides confidential information and referrals, short-term counseling, financial assistance, health insurance resources, family support, emergency food, fuel/heating assistance, rent relief, housing, job assistance, back to school & special clothing assistance, summer school & campership assistance. The Department assists residents in applying for state & federal program applications.

Community Resources for Children and Families: A comprehensive listing of local services published by Westport's Human Services Department can be downloaded 24 hours a day at [DHS community Resources for Children and Families](#) [PDF]

Westport Public Schools

Michael Rizzo, Coordinator of Pupil Services Pre-K-Grade 8
341-1253

Elaine Schwartz, Director of Guidance Staples High School 341-1434

The schools have a broad array of services to help children and families realize their potential. Each elementary building has a school psychologist and the middle and high schools also have guidance counselors. School social workers are also available for any family. Oftentimes, the school staff knows your children very well and may recognize some signs of family distress. You can assist your child and the schools by sharing information which you feel might be important for your child's teachers and counselors to know. All information you share is confidential and may help the school better address your children's individual needs.

Health and Insurance Resources

Westport's Department of Human Services can assist you in accessing health and insurance resources or you may apply online.

ACCESS HEALTH CONNECTICUT www.accesshealthct.com, the state's health insurance marketplace.
1-855-805-4325

The online application can be done on your home or public computer. You simply set up your account and answer the questions. Assistants and brokers are also available to help with the application and enrollment process; there is a list of local helpers on the website. You may apply for state health insurance (and other programs like SNAP or Cash Assistance) at www.ct.gov online or in person at DSS in Bridgeport, 925 Housatonic Avenue Bridgeport, CT 06606. For general information call 1-855-626-6632 or go to www.connectct.gov

Westport Weston Health District

Phone: (203) 227-9571 | Health Information Line: (203) 222-3875 |
www.wwhd.org

The Westport Weston Health District (WWHD) is a governmental agency which provides local public health services to the residents of Westport and Weston. WWHD provides a wide range of services to help keep the communities of Westport and Weston healthy including free blood pressure screenings, senior center clinics, walk-in wellness clinics, community cholesterol screenings and a confidential HIV/AIDS Testing and Counseling Clinic. Many services are offered free or at a reduced charge.

Housing issues and Energy Assistance:

Westport's Department of Human Services can assist you in accessing programs which can help with housing issues and energy assistance.

Westport Warm-Up Fund, Operation Fuel and other assistance

Energy assistance is available thanks to the gifts of other residents and organizations such as the Westport Young Woman's League and the United Way. Westport residents having trouble heating their homes because of limited incomes are urged to call the Department of Human Services at 341-1050.

Homes with Hope

203- 226-3426

www.hwhct.org The Homes with Hope Association has a caring professional staff and the help of volunteers. Provides shelter, transitional housing, permanent housing, community kitchen, employment and mentoring services for men, single women and families – for people who have lost their homes for a variety of reasons. The organization also helps people in crisis in order to prevent them from becoming homeless.

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Counseling Assistance:

It is important that you take care of your mental health and that of your family. Although it can be difficult to take the first step in asking for support, it is a wonderful way to assess your own personal strengths and get the help you need. Seeking help through counseling does not imply weakness. Individuals who seek counseling are usually seeking more effective and rewarding lives by addressing personal problems, career questions, skill development issues, or value questions. You can access counseling services in a variety of ways. If you have children, it is best to start with your child's school. You can also call the Department of Human Services, contact your church or synagogue and/or seek counseling through an agency.

Westport Public Schools

203-341-1000

www.westport.k12.ct.us

The schools have a broad array of services within each school to help children and families realize their potential. Each elementary building has a school psychologist. The middle and high schools also have school counselors and there are school social workers available for all families. Get to know your child's school counselor or psychologist and don't forget to speak with a teacher if you feel your child needs extra support. All information you share is confidential and may help the school to address your children's individual needs.

Positive Directions, the Center for Prevention & Recovery

420 Post Road West, Westport, CT 06880

203-227-7644

www.positivedirections.org

Positive Directions provides comprehensive counseling services including addictions, depression, anxiety and other emotional issues. In addition to counseling, they provide free telephone advisory services, compulsive gambling counseling, intervention services, groups, parenting programs, and employee assistance programs. Office hours are 9 to 5 Monday through Friday. Evening sessions are available by appointment. Sliding scale fees are available. In addition, Positive Directions collaborates with the school system to provide *The Family Assistance Program*, funded by the United Way which provides **three free counseling sessions** for children and families referred by the Westport School system. Sliding scale is available after 3 free sessions.

Student Outreach Counselor-

Department of Human Services

110 Myrtle Avenue, Westport, CT 06880

Office is located at Staples High School

203-341-1285

The Student Outreach Counselor is a professional counselor who provides confidential support for students and their families. Anonymous inquiries are welcome, and emphasis is always placed on confidentiality.

Fairfield Counseling Services - <http://fcsinc.org/>

Family and Children's Agency - <http://www.familyandchildrensagency.org/>

Mid-Fairfield Child Guidance - <http://www.childguidancemfct.org/>

Employment Resources

From applying for unemployment to evaluating your finances, help is available to help plan your job search, discover new interests, create resumes and access networking opportunities.

Library Job Seekers Program

Westport Public Library - Arnold Bernhard Plaza
20 Jessup Road, Westport, CT 06880
203-291-4840

www.westportlibrary.org

Call for details on this program which assists in strategies to search for jobs online and create resumes that work. Professionals provide free monthly workshops at the Library.

American Job Center

2 Lafayette Square, Bridgeport, CT 06604
203-455-2700

<http://www.ajcswct.com/>

Connecticut Works is a unique collaboration of state, regional, and local organizations addressing the workforce development needs of the state -- both our residents who are seeking jobs and the businesses who want to employ them. Offices are located in 14 One-Stop Centers throughout the state and serve job seekers, students, businesses, and individuals who are underemployed, as well as those who want to change jobs or continue to move in their careers. At these facilities, assessment, testing, workshops and career guidance are available to everyone.

Recreational Activities

Although times may be tough, it is important to take time to enjoy leisure activities. There are inexpensive recreational activities close by, some offer sliding scale fees based on a person's ability to pay. Some local youth programs offer significant scholarship assistance to residents. You can check with the organization or call the Department of Human Services for more specific information.

Westport Parks and Recreation

203-341-5090

www.westportct.gov/agencies/parksandrecreation/

Westport Weston YMCA

203-226-8981

www.westportymca.org/

Westport Public Library

203-291-4840

www.westportlibrary.org

Levitt Pavilion

203-221-2153

www.levittpavilion.com/

Westport Weston Historical Society

203-222-1242

www.westporthistory.org/

Westport Arts Center

203-222-7070

www.westportartscenter.org/

Earthplace

203-227-7253

www.earthplace.org/

Westport Playhouse

203-227-4177

www.westportplayhouse.org

Westport Continuing Education

203-341-1209

www.westportcontinuinged.com